

Steps for Anger Control Sessions

1. Set the climate	Arrange room, greet students and focus their attention.
2. Review group norms	Emphasis positive participation.
3. Review last week's session	Use hassle logs to review last week's skill Review all concepts covered to this point Honestly and genuinely acknowledge efforts and reward achievement. Collect hassle logs
4. Introduce new anger control skill	Introduce skill Ask youth to say what skill means to them. Display steps for class to see. Give definition of each step. Students discuss each skill step.
5. Model skill	Describe conflict situation - must be relevant to youth. Modeling must be absolutely perfect. Co-instructor points to each step as it is performed. Achieve a positive outcome
6. Discuss the use for the skill with each student	Each youth expresses how the skill can be useful to them.
7. Set-up first role play	Pick a youth to role-play the example they gave for the skill Have youth choose a role-play partner Assign non-role playing youths to observe occurrence of step Actively monitor role-play to be sure it is done correctly
8. Provide positive feedback in proportion to how step was done.	Order: Co-actor Non-role playing observers Co-instructor Instructor Main actor
9. Repeat 7 - 8 for each youth	
10. Assign Homework	Pass out blank hassle logs
11. Praise good work	